



## Governor's Healthy Students Summit 2007

### Project Summaries

### Physical Activity

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## Alexandria City Public Schools School Wellness Promotion Activities

**Walk to School Day/Safe Routes to School** - The city of Alexandria and ACPS received grant funding to host a Walk to School Day and to promote safe routes for students to walk or bike to school. The city is also looking at some infrastructure changes.

Contact: Yon Lambert (703) 838-4966 [Yon.Lambert@alexandriava.gov](mailto:Yon.Lambert@alexandriava.gov)

Matthew Maury Elementary school is partnering with the Washington Mystics Women's National Basketball Association (WNBA) team in the **Mystics in Training** pilot program which encourages students to engage in regular walking and other physical activity along with good nutrition. Mystics players periodically visit the school, and the team provides the children with items such as T-shirts and fitness logs. Contact: Principal Lucretia Jackson (703) 706-4440 [lucretia.jackson@acps.k12.va.us](mailto:lucretia.jackson@acps.k12.va.us)

**Walking Clubs** - Several of our schools have before and/or after school walking clubs for students. Mount Vernon Community School involves more than 100 students in their after school walking club twice a week. Contact: Lisa Clausen, School Nurse (703) 706-4464 [lisa.clausen@acps.k12.va.us](mailto:lisa.clausen@acps.k12.va.us)

**Girls on the Run** - Douglas MacArthur Schools has a "Girls on the Run" program which encourages physical activity and wellness for girls in grades 3-5. This group participated in two 3K runs. Contact: Tina Lytle (703) 751-4004 [TINALYTLE@aol.com](mailto:TINALYTLE@aol.com)

**Ballroom Dancing** - Patrick Henry Elementary has an exciting ballroom dancing program for 5th graders. These students spent the year learning the steps to many ballroom dances and proudly share their new found talents with others.

Contact: Eileen Greenberg (703) 461-4170 [eileen.greenberg@acps.k12.va.us](mailto:eileen.greenberg@acps.k12.va.us)

**Wellness Policy** – The ACPS wellness policy encourages good nutrition and physical activity in our schools. The Wellness Task force developed nutrition and physical activity guidelines for the policy. Contact: Kris Clark, Executive Director for Elementary Programs, (703) 824-6912 [kclark@acps.k12.va.us](mailto:kclark@acps.k12.va.us)

ACPS participates in the **Partnership for a Healthier Alexandria**. This community coalition of public and private groups is tackling some of the health issues that were identified in a community survey of health concerns. One of the projects is to promote physical activity by encouraging the use of stair walking.

ACPS Food and Nutrition Services, in collaboration with the Inova Partnership for Healthier Kids, developed a **nutrition awareness program** at the middle school cafeterias designed to educate students about nutrients in food. Signs were posted with nutrition information about various foods offered in the school cafeteria.

Contact: Becky Domokos-Bays (703) 824-6640 [becky.domokos-bays@acps.k12.va.us](mailto:becky.domokos-bays@acps.k12.va.us)

Lyles-Crouch Traditional Academy earned the **Governor's Gold Award for Best Practices in Nutrition and Physical Activity** in 2007. Schools earn a Bronze, Silver or Gold Award for best practices that promote healthy lifestyles while combating childhood obesity, hypertension and other preventable diseases. The school received a Silver Award in 2006 and a Bronze Award in 2005. Contact: Principal Patricia Zissios (703) 706-4430 [patricia.zissios@acps.k12.va.us](mailto:patricia.zissios@acps.k12.va.us)

## **The Roanoke City Healthy Living Program**

The Roanoke Healthy Living Project's goal is to promote a lifetime of physical activity and healthy eating. This two year pilot targets children in elementary school and their families. Specifically, we have partnered with the Roanoke City School System to provide instruction and activities during the 21<sup>st</sup> Century Community Learning Center's after school program. The Roanoke City Healthy Living Program supports the Governor's priorities in promoting prevention and good health for all Virginians.

The Healthy Living Program was created to support grade appropriate Standards of Learning (SOLs). The curriculum developed as the foundation for the Healthy Living program incorporates the Nutrition and Physical Activity portions of the Health Ahead/ Heart Smart Program. The Health Ahead/ Heart Smart program was produced by the Tulane Center for Cardiovascular Health. Health Ahead/ Heart Smart builds on more than two decade's research in creating an effective cardiovascular prevention and general health education for children. The program addresses the general health of the entire school environment. The newly revised edition of the curriculum integrates national health education, science, and technology standards. It also incorporates the school guidelines for nutrition and physical activity recommended by the Centers for Disease Control and Prevention.

We recently completed the first year of the pilot. During the first program year, participants were students in the 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grades and their families. The Department of Health Program Manager organized, in collaboration with the 21<sup>st</sup> century CLC program staff, two forty-five minute sessions per week for each grade level. Sessions included education, physical activity and nutrition activities. Evaluations were completed by students and parents prior to and after the completion of the program.

The Program's physical activity component was structured around a pedometer program that encouraged the accumulation of steps which were charted as a path across the United States. Students were divided into teams, received colored pedometers and competed individually and as a group to accumulate the greatest number of steps per week. Steps were accumulated in class sessions using structured activities, for example, students participated in outdoor nature programs and hikes. Outside of class students accumulated steps on their own and ideally they were accumulated with their families. The nutrition component incorporated education, healthy snacks and food related activities, for example, students attended Young Chef's Cooking School where they learned how to make a healthy pizza and they also planted and maintained a school garden.

The program had an organized family component. Families received pedometers to support the out-of-class participation with and the encouragement of their student. Family Night events were held at the elementary school which included cooking sessions, aerobics and student awards ceremonies. A newsletter detailing team status, current program activity, upcoming events and healthy recipes was developed and distributed biweekly. All instruction and activities for students and families occur in collaboration with our community partners from Roanoke Parks and Recreation, Virginia Cooperative Extension, The Carilion Clinic and Virginia Tech.

We enhanced our year one program efforts in a variety of ways. Department of Health employees volunteered to participate in the project. Staff members were assigned to a team, accumulated steps for their respective teams and attended team meetings and Family Night events. Students received incentives and awards for step accumulation and they could be acquired as an individual or as a team. We applied for and received a bike helmet grant to provide helmets for the participants. We partnered with Cardinal Bike Shop and received a new bike donation. We partnered with the Blue Ridge Bicycle Club and sponsored a bike rodeo.

To celebrate the end of the first year of the program a 'Homecoming Event ' was held to acknowledge the students return from their walk across the country. The celebration was held at a local park and included a picnic, interactive family and student games, and the bike rodeo and bike raffle. Students also received a summer activity pack and athletic shoes. Project Year Two begins this fall when the students return to school. At that time we will assess summer activity and eating habits. We are currently completing the design of the pilot program's second year.

CONTACT INFORMATION: Tanya Weigel, Program Manager, [Tanya.Weigel@vdh.virginia.gov](mailto:Tanya.Weigel@vdh.virginia.gov)

## Project Summary: Bee Active, Bee Healthy Cumberland Plateau Health District

Bee Active, Bee Healthy (BABH) is a program that is designed to prevent childhood obesity by providing monthly educational sessions on the importance of nutrition and physical activity to headstart children and their parents. BABH supports the belief that parents are the first and most important role model in a child's life. In addition, BABH utilizes headstart children as the target population to instill a healthy lifestyle in children as early as possible with the hopes that they will continue such practices as they age.

Comprehensive program reviews provide evidence that effective programs incorporate multiple components to include consistent education, health services, physical activity, nutrition services, and collaborative efforts of family, community, and school involvement. BABH addresses multiple components by providing health education, physical activity, and nutrition services to both the children and their parents/guardians in monthly group sessions through collaborative efforts of the family (parents/guardians), community (VDH & other partnerships), and schools (head start org).

Each month, each participating headstart center in the Cumberland Plateau Health District (CPHD) (Buchanan, Dickenson, Russell, Tazewell counties) receives a visit by trained CPHD staff to provide a session to the parents first and then the children. Parents are visited first so that when children receive their educational session parents can reinforce what they have learned. Sessions for parents usually last from 30-45 minutes. Educational sessions for children are no longer than 20 minutes with the first ten minutes consisting of education and the second ten minutes consisting of physical activity. Educational sessions are based on a curriculum that addresses the importance of a balanced diet, water consumption, portion size, heart health, physical activity, snacking, and smoking. All health education information provided to participants has been retrieved from reliable health education organizations. In the interest of participants, information is easy to read, understand and reinforces information that was previously presented.

Adult participants are recruited through their participation in their child's school activities. In efforts to encourage participation, adults receive three health screenings to include weight, height, BMI, blood pressure, glucose and cholesterol testing. In addition to that, continued participation provides adults with the chance to receive other incentives such as gift certificates and other items that support healthy lifestyle changes. Children participate as part of their school day. To promote healthy lifestyle changes among children and to keep them enthusiastic about participating, incentives such as water bottles, portion lunch kits, and hula hoops are provided.